

# Expanding the 5-day Study Plan for Midterms & Finals

---

Frequently, several exams are scheduled in a short period of time, especially during finals week. It is helpful to develop a study plan that allows you to consider how much time you may need for different courses, distribute your review time, and ensure that all courses get some attention. A study plan reduces your stress, as it helps you keep on track over the short but intense period of exams.

First, get organized:

The 5-Day Study Plan begins with dividing the material you need to study into equal parts. The number of parts depends on how much material you need to cover and how many days you have available to study. Ideally, you will have at least 5 days to study, but if you have a lot of material to cover, you may want to put together a plan for 10 days or more.

Courses that have final exams:

Course:	Material the Final Exam will Cover broken into 4 chunks:
Example: Intermediate Algebra	A. Chapters 1-2 B. Chapters 3-4 C. Chapters 5-6 D. Chapters 7-8
	A. B. C. D.

## 5-Day Study Plan

Break the material for each course into 4 groups of study material:

- A.
- B.
- C.
- D.

### **Steps to build a study schedule:**

Create a study calendar. You will want to utilize 1-2 weeks before the exams to study. The chart provided on this sheet give you the room to plan for up to 4 weeks.

Each day is divided into three parts: morning, afternoon, and evening.

Write your exam schedule into the worksheet, using the appropriate time slot. (For example, a 9 a.m. exam would go into the first third of the day, 1 p.m. would go in the middle third, and 6 p.m. would go into the last third.)

Assign specific hours to the 3 blocks of time during which you will totally commit to studying. The blocks should be about 3 hours each and not longer than 4 hours. The study blocks should be separated by 2 hours, to allow for memory consolidation and down time. Enter those times on the right hand side of the calendar.

Ask yourself, how much time do you need to study? Are you up to date? Do you understand the material? What is your grade goal? When you have decided on the total number of hours you need to study, divide that number by 3. Now you will divide the course material that you need to cover into chunks that can be covered in 2-3 hours.

The number of chunks = the number of study blocks + 1 chunk for a final self-test and +1 (optional) chunk for a final review.

For final exams, 10-20 hours is a common estimate. (4- 7 three hour blocks) If you are behind in a class, or find the material difficult, you may need more time.

Distribute your study sessions over the days you intend to study. This should be a minimum of 5 days, preferably more. If you are behind in a course, more than 5 days will be necessary.

Start with the day of your exam and work backwards scheduling the number of study chunks you will need.

Plan your study activities: In order to have an effective study time, you must structure it. Do not leave the time to your whims or happenstance. Determine ahead of time which study activities you will implement.

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	Morning						
	Afternoon						
	Evening						
<b>Week 2</b>	Morning						
	Afternoon						
	Evening						
<b>Week 3</b>	Morning						
	Afternoon						
	Evening						
<b>Week 4</b>	Morning						
	Afternoon						
	Evening						